



NEW JERSEY ARMY NATIONAL GUARD
JOINT FORCE HEADQUARTERS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-5606

ARMY BULLETIN NO. 31

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TY-07 AGR ARMY PHYSICAL FITNESS TEST (APFT) AND WEIGH-IN SCHEDULE (G3-T)

1. References:

AR 350-1, Army Training and Education
AR 600-9, The Army Weight Control Program
FM 21-20, Physical Fitness Training
AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT and weigh-in will be conducted IAW the following schedule during TY-07:

20 October 2006 – Semi-Annual (ALL)
27 October 2006 – Inclement weather date
31 March 2007 – Semi-Annual (JFHQ only)
Spring 2007 – Semi-Annual Dates TBP (MSCs)

3. MSCs and RRC are responsible for conducting their own semi-annual APFT and weigh-in during the spring 2007 time frame. In addition, all make-ups will also be the responsibility of each MSC and RRC. MSCs and RRC will submit their make-up and spring 2007 AGR APFT schedules to the CofS, NLT 30 Sep 06.

4. The 20 Oct 06 APFT will be administered by the JFHQ. Coordinating instructions are as follows:

a. The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama Avenue, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run and 2 ½ mile walk will report to the APFT Track at 18th St and Alabama Ave.

b. All AGR soldiers must report for the 20 Oct 06 semi-annual APFT, to include all personnel on profile as the semi-annual weigh-in will be conducted at this time.

c. All excusals must be approved by the Chief of Staff. Requests to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

d. Unit test schedule and times – See Enclosure 1.

e. J1-HRO provides administrative oversight, records and files APFT and weigh-in results on DA Form 705 and DA Form 5500/5501-R (as required) and tracks profiles and flagging actions. Coordinates MFT and support personnel to conduct APFT's. Provides OIC for weigh-in.

f. G3 provides APFT OIC, oversees conduct of APFTs, schedules, procures, and clears APFT site for each event. Provide 15 clipboards, 3 stopwatches, 4 reflective vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650. Provide large digital finish line timing clock. 3 Buses will be provided to transport soldiers from Bldg 3650 to the APFT track.

g. HHD JFHQ provides water with cups at Bldg 3650 and the APFT track; three scales and tape measurers for height/weight verification in drill hall, Bldg 3650.

h. NJARNG Medical Det provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

i. 57th Troop Command provides 3 military bus drivers (Licensed) for shuttle between Bldg. 3650 and the PT Track.

j. JT2DC provides 5 soldiers for APFT administration, checking in testing personnel, issuing vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th ST, 16th ST, Buffalo Ave and Alabama Ave. All support personnel will report to the APFT OIC at 0700 in Bldg 3650.

k. A grade the grader APFT will be conducted prior to the semi-annual APFT's (dates TBA). All NJARNG trained APFT scorers and selected support personnel will attend this test. The test will be administered by the Drug Demand Reduction Team. Set-up will be accomplished by the G-3T and J-1/HRO offices. Scorer's and support personnel will be contacted through the chain of command.

5. Administrative Requirements for each MSC, RRC and J-Staff Section:

a. A roster of all AGR personnel to be tested (See format in enclosure 2) will be forwarded to Joint Forces HQ, ATTN: J1 - AGR Manager, NLT 15 days prior to scheduled APFTs.

b. Temporary and/or Permanent Profiles will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the J 1-HRO retains copies of profiles and the DA Form 705 for each AGR soldier.

c. APFT IPRs will be scheduled for support OICs, J-Staff and MSCs to back brief support plans to the G-3T (dates TBA).

6. IAW the Personnel Policy Guidance (PPG), APFT guidance for redeploying soldiers is as follows:

a. Redeploying AGR soldiers have 90 days after REFRAD before they are required to take an APFT.

b. Soldiers have the option to test within the 90 day timeframe for EPS points, school attendance, boards, promotions etc.

7. Uniform:

a. The only authorized uniform is as follows:

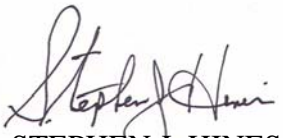
(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [IPFU] is the only authorized uniform. No elements of the PFU (old) are authorized for wear with the IPFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the IPFU shorts.

b. Headphones are not authorized during the conduct of the test.

8. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:


STEPHEN J. HINES
COL, GS, NJARNG
Chief of Staff

GLENN K. RIETH
Major General, NJARNG
The Adjutant General

DISTRIBUTION: A, A2, B, C

2 Encls:

1. Schedule
2. Roster Format for AGR Soldiers

APFT SCHEDULE

MSC/UNITS

REPORT TIME

20 Oct 06:

JFHQ, 21st CST, JT2DC

0730

All 50th BDE Units

1030

All 57th Troop Command Units

All 42d RSG Units

1330

254th RTI & RTS-M

RRC

Encl 1

AGR APFT ROSTER
(Unit/Staff Section)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event & Profile Info</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

Note:

- X – Indicates soldier takes the APFT event
- Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

Encl 2